

MAYO CLINIC Health Assessment

August 11th through January 30th

www.bewellstaywell.az.gov

Take the Mayo Clinic Health Assessment Today!

- Log on to www.bewellstaywell.az.gov
- Complete the registration by entering in your Employee Identification Number (EIN), a unique email address, and some basic information.
- Receive an email confirmation of registration.
- Follow the email link to the web portal to log in and take the Health Assessment



Reasons to Log on Now!

What if you could make the first step towards better health in 15 minutes, win a FREE T-shirt, and be entered to win a \$25 award? The Mayo Clinic Health Assessment offers an opportunity to begin making healthy lifestyle choices and improve your overall well being.

The Health Assessment is a confidential tool that gathers information designed to help prioritize and guide your health choices. When you take the Mayo Clinic Health Assessment, you can become knowledgeable about your health and may learn new strategies to improve your health status. An EmbodyHealth Report which summarizes your results and encourages you to make positive changes will be generated immediately after completion of the Health Assessment.

Take the Mayo Clinic Health Assessment and you are automatically entered to win one of five hundred, \$25 Premiere Choice Awards. These awards are redeemable online for gift cards from hundreds of national retailers.



EmbodHealth Coaching

Participants who complete the Health Assessment questionnaire may also be eligible to receive FREE EmbodHealth Coaching from the Mayo Clinic. The Coaching programs offer confidential, one-on-one telephonic counseling based on your personal health goals.

During the program your Coach will work to help you:

- Understand the impact of choices that affect your health
- Identify barriers that prevent you from changing health habits
- Build skills to help change behavior and improve health
- Increase motivation and self-confidence

The Lifestyle Coaching program has 5 programs to choose from: Fitness, Nutrition, Weight Management, Tobacco Cessation, and Stress Management. Each program includes 6 - 8 calls from your personal Mayo Clinic EmbodHealth coach. Participants will also receive educational materials, and are able to call their lifestyle coach with any questions or barriers that arise during the course of the program.

Mini Health Screening Campaign

The Benefit Options Wellness *Mini Health* Campaign offers FREE health screens throughout the State to enhance your Health Assessment experience and results. Attending a screening is *not required* to participate in the Mayo Clinic Health Assessment, but your screening results will make your Health Assessment more meaningful. [Please see page 2 for the schedule of screenings throughout the State.](#)

Questions?

Visit the Wellness website at www.benefitoptions.az.gov/wellness for more information or call the Wellness team at 602-771-9355. Having difficulty logging on or registering to take the HRA? Email login@mayoclinic.com, and a member of the Mayo Clinic technical support team will assist you.

REMINDER:

All benefit-eligible State employees and their dependents are eligible to take the Health Assessment



Benefit Options

Wellness**Be Well Stay Well.**

—FREE HEALTH SCREENING—

OSTEOPOROSIS & LAB TESTS

- **Complete Lipid Profile & Glucose (fasting 8 hours—water is OK)**
- Total cholesterol • HDL • LDL • VLDL
- Coronary Risk Ratio • Triglycerides
- Glucose • Fructosamine (2-4 week glucose test)

NOTE on fasting: A Cholesterol and HDL test is available for persons who have already eaten on the day of the screening.

- **Blood Pressure**
- **Height, Weight & Body Mass Index (BMI)**
- **Body Fat Measurement**
Computerized infrared measure at dominant bicep site
- **Personal Results and Lab Profile mailed within 10 days to your address**

PSA CANCER SCREEN...\$5 (COPAY)

Non fasting PSA blood test recommended for men aged 40 and older.

OSTEOPOROSIS/ BONE DENSITY SCREENING

Osteoporosis screening using an advanced ultrasonometer on the heel (no x-rays or radiation). Free to women age 40 and older or postmenopausal women under age 40. (\$30 cost for others)

**ALL BENEFIT ELIGIBLE STATE EMPLOYEES QUALIFY
INFORMATION CONTACT:**

602-771-WELL (9355)

Find a screening near you...

August 11 through September 26th

Date	Time	Agency	City	Address
12-Aug	8-10am	DES	Cottonwood	1500 E. Cherry
12-Aug	8-10am	DES	Phoenix	6633 W. Camelback Rd
13-Aug	7-9am	ADOT	Mesa	1840 S. Mesa Dr
14-Aug	8-10am	ADOT	Payson	200 N. Colcord Rd #B
18-Aug	7-10am	DOC	Perryville	2014 N. Citrus Rd.
20-Aug	7-10am	DOR	Phoenix	1600 W Monroe
22-Aug	6-9am	ADOC	Yuma	7125 E. Juan Sanchez Blvd
25-Aug	8-10am	DES	Globe	605 S. 7th St Globe 85501
26-Aug	7-10am	AHCCCS	Phoenix	2830 W. Glendale Ave ste 34
29-Aug	9:30-11:30am	ADOC	Winslow	211 S. Hwy 87
3-Sep	8-10am	DES	Tucson	5441 E 22nd St Ste 101
4-Sep	8-10am	DOR	Chandler	3191 N. Washington
5-Sep	7-10am	VA	Phoenix	4141 N. 3rd St
8-Sep	6-8am	ADOC	Douglas	6911 N. BDI Blvd
9-Sep	7-10am	DES	Phoenix	3443 N Central Ave
11-Sep	7-10am	ADOA	Phoenix	100 N. 15th Ave Lobby
15-Sep	7-10am	DHS	Phoenix	1740 W Adams
15-Sep	8-10am	DES	Casa Grande	401 W Marshall
22-Sep	8-10am	ADOT	Kingman	3660 E. Andy Devine
23-Sep	8-10am	DPS	Heber	Milepost 300 on US 260. 5 Miles W of Heber
26-Sep	7-10am	DHS	Phoenix	2500 E Van Buren

Benefit Options Wellness is offering FREE screenings to all benefits eligible employees and members to prepare for the Mayo Clinic Health Assessment August 11 through January 30. The schedule above is not a complete list of screening locations, and will be expanded. Please visit the Wellness website at benefitoptions.az.gov/wellness for program updates and a complete listing of screening events. **NO REGISTRATION IS REQUIRED FOR THESE SCREENINGS.**

Upcoming Events

Open Enrollment 2008-2009 August 11th - September 5th

Important: During this year's open enrollment every employee must participate and make benefit selections. Enrollment instructions will be included in the 2008-2009 Open Enrollment Guide.

Coverage Changes

Dental Plan Change - The number of dental providers has been reduced from four to two, however, ADOA Benefit Options is still offering a pre-paid plan (Total Dental Administrators Health Plan, Inc.) and a PPO plan (Delta Dental of Arizona). Additionally, ADOA Benefit Options expanded the tiers to include an employee plus one tier as was implemented with the medical plans last year.

Eligibility Changes

Domestic partners and children up to the age of 25 may be eligible for the 2008-2009 benefit year. Please refer to the Open Enrollment guide for more information and eligibility guidelines. Additional information regarding the coverage changes can be found at www.benefitoptions.az.gov

Benefits Fairs

- August 19th** — ADOA Lobby
100 N. 15th Ave, Phoenix
(10am-2pm)
- August 20th** — (ASU) Four Points Sheraton
1333 S. Rural Rd, Tempe
(10am-2pm)
- August 21st** — (UA) Marriott Univ. Park Hotel
880 E. 2nd St., Tucson
(10am-2pm)
- August 27th** — ADOA Lobby
100 N. 15th Ave, Phoenix
(10am-2pm)
- August 28th** — (NAU) Du Bois Center
306 E. Pine Knoll Dr., Flagstaff
(10am-2pm)

More Information

Visit www.benefitoptions.az.gov for additional information and updates

Benefit Options
Choice. Value. Health.

Skin Cancer Screenings



A nurse practitioner or physician's assistant with Banner Occupational Health will perform a FREE assessment to check for suspicious lesions and will provide skin cancer prevention education. The screening takes about 10 minutes, and participants will not disrobe.

August 20 — 8:00 am—2:30pm
DEMA, Phoenix
5636 E. McDowell Rd.

August 22 — 10:00am-1:00pm
DOR, Tucson
400 W. Congress

Mini Health Screening at Work

All State employees and Benefit Options members are eligible to participate in mini health screenings.

The basic screenings are **FREE** and optional screenings are priced as indicated:

- Height & weight; BMI; blood pressure; and percent of body fat (body composition).
- Cholesterol and blood sugar (**8-hour fasting is recommended**)
- Free osteoporosis screening for women 40 and older. \$30 for women under age 40.
- \$5 PSA screening (blood draw) for men 40 and older. \$42 for men under age 40.

You will need your Employee Identification Number (EIN) and Insurance card for this event.



No appointment necessary. These screenings are done on a first come, first serve basis.



"Early detection is the best defense we have at this time for catching breast cancer in its earliest stages," says Catherine Midgette, Executive Vice President of MOM. "If we find the cancer in its earliest stages, the patient has a 97 percent survival rate." Mobile On-Site Mammography (MOM) travels to perform mammography screenings at worksites across Arizona.

MOM will directly bill insurance. Benefit Options health plan members do not have to pay a copay at these events. (Other insurance plan members may have a copay. Check with your insurance's member services department for more information.)

Call MOM at 480-967-3767 to schedule your appointment.

This service is generally provided on a request-basis. Call MOM at 480-967-3767 or 1-800-285-0272 to schedule this service at your worksite. There is a minimum of 25 people required. The MOM van will be parked outside the following locations:

August 12 - Phoenix, MVD
2739 E. Washington
7:00am-4:00pm

August 13 - Phoenix, DES
6633 W. Camelback
7:30am-11:30am

August 19 - Mesa, MVD
7631 E. Main Street
7:00am-3:00pm

August 28 - Avondale, MVD
1452 N. Eliseo C. Filex Jr. Way
7:30am-11:30am

Wellness Contracts Status Report

SCREENING SERVICES STATUS:

Screening contracts were awarded on June 17th. Wellness is currently taking requests for screenings at State worksites

EDUCATIONAL CLASSES STATUS:

Wellness is currently working to re-implement the following services by September 1st:

- Chair Massage
- Weight Management Series
- Educational courses

Thank you for your patience during the contracting period

What Services & Programs are Offered by Benefit Options Wellness?

The Wellness website has the complete list of screenings, classes and other programs available to be requested and scheduled at State worksites.

Wellness events are requested and coordinated by State employees at worksites. Most programs are available throughout Arizona. If you are interested in hosting a program at your worksite, visit the Wellness website to view what is available and learn:



How To Request and Schedule Worksite Events

Event requests must be submitted online. Complete the brief form, including contact information and the event requested and hit "submit!" A Wellness team member will reply to your request.

Created and published by ADOA , Benefit Options Wellness Program

100 N 15th Ave, Suite 103 Phoenix, AZ 85007

www.benefitoptions.az.gov/wellness

email: wellness@azdoa.gov, phone 602-771-9355

Persons with a disability may request accommodations by contacting the ADOA Benefits Office. If you need this issue in alternate format, please call 602-771-9355

benefit options
wellness!
Be Well Stay Well.